

THE ROSE

THIS IS A PUBLICATION PROVIDED BY THE KEY VOLUNTEERS OF THE 1ST BN 25TH MAR



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The Key Volunteer Network Needs Your Help!

We are currently looking for:

- New Recruits to take part in our Fundraising Platoon!

If interested, please contact your Key Volunteer:

Or write to:

Key Volunteer Network

1st Battalion 25th Marines

4th Marine Division

53 Quebec Street

Devens RFTA

Ayer, Massachusetts

01432-4424

Extra ! Extra!

Now you really can read all about it!

Hello and Welcome to the new monthly newsletter created by your very own Key Volunteers of the 1st BN 25th MAR Key Volunteer Network. Just so there is no confusion, This publication sent out on a monthly basis to families of deployed Marines assigned to Weapons Company, H & S Company, and Alpha Company 2nd & 3rd platoons. It is exciting to see this idea come to life and we could not have done it without the help of our Marines.

Its important that we set the correct expectations with you as our family member regarding this newsletter. We will never include any information that will infringe upon the safety of our Marines. In fact, we also need to remember that even though our Key Volunteers are a network for the Marine Corps, they too, will never be privileged with information about our Marines or any information that the command feels as though could jeopardizes the safety of our Marines. We simply will not have the answer to operational questions. Instead, we are in place as a guide or resource for what the Marine Corps has available to you as a member of the Marine Corps family such as Military One-Source.com and other points of interest. We look forward to "coming in handy" when things are a little overwhelming.

Thanks to everyone for their time and efforts and may this newsletter find you with a few minutes to spare.

Enjoy!



Tell us what you think!!!

You may even be published in our next issue!

FROM YOUR

WEAPONS COMPANY KEY VOLUNTEERS

Hello. The poem "Silent Ranks" (see right) is one of my favorites. Often I will post poems and articles on my refrigerator in the kitchen when my Marine is home as well as away. These serve to remind me what my purpose is in the grand scheme of things as well as remind me to either feel grateful that he is home with me or to help me stay strong as I pray for his safety. I thought that each newsletter I would share one as well as a piece of helpful information. The informative part of my corner this month has to do with Massachusetts Chapter 77 of the Acts of 2005. This chapter states the changes in the law that deals with compensation for employees that work for the state of Massachusetts that have been called into active military service since September 11, 2001. The law states that as of August 26, 2005 those members are entitled to be paid the difference between their base state pay and base military compensation by the state of Massachusetts. To read a thorough version of this chapter as well as find out more about the requirements and necessary documentation you can go to your human resources department web site, handbook, or representative. I also wanted to take this opportunity to say thank you to all of the families that I have spoken with for their interest in the KVN and patience with my computer skills! I am proud to be your Key Volunteer and I look forward to helping you through the upcoming months.

Take Care and God Bless, Tracy Chase

Hello to all my families... I have had the pleasure of speaking with most of you and I look forward to meeting you and being of any assistance to you all in the future. We have a very challenging year coming up and I will be here for anything you may need.

Having a good support system all around always makes things easier to get through!

Take Care,

Charlotte Wills
Key Volunteer
Weapons Company
USMC 1/25

Silent Ranks

I wear no uniform, no blues or army greens. but I am in the military in the ranks rarely seen. I have no rank upon my shoulders. Salutes I do not give.

But the military world is the place where I live.

I'm not in the chain of command, orders I do not get

but my husband is the one who does, this I cannot forget.

I'm not the one who fires the weapon, who puts my life on the line. but my job is just as tough, I'm the one that's left behind.

my husband is a patriot, a brave and pride-filled man. and the call to serve his country not all can understand.

behind the lines I see the things needed to keep this country free. my husband makes the sacrifice, but so do our kids and me.

I love the man I married. Soldiering is his life.

but I stand among the silent ranks known as the military wife.

- Author Unknown

FROM YOUR

HEADQUARTERS & SERVICE COMPANY KEY VOLUNTEERS

FROM COLLEEN STONE

Coping with Stress during Times of Deployment

Stress- we all face it. With the news of your Marine's deployment, it's almost impossible to avoid. Families of deployed military personnel are very likely to suffer from severe emotional stress and its physical symptoms.

Stress does not have to get the best of us, however. There are a number of ways of coping with stress and anxiety, including the following:

- Maintain communication among family members. Families with strong coping skills and supportive social networks are better equipped to deal with the stresses of having a loved one in combat.
- If TV coverage worsens your stress, limit viewing times.
- Keep up routines. Try to stick with your normal schedule. Familiar habits can be very comforting.
- Take time out for fun. Do something you enjoy. Take a walk, spend time with your pets or rent a movie.
- Spend time with people. Do not suffer in silence. Coping with stress is a whole lot easier in the company of caring friends. Contact with other family members can also be a tremendous help.
- Ignore rumors. This may be difficult but it is important to rely on an official source of information when a family member is deployed.
- Keep a journal. Many people find that writing down their thoughts and feelings is comforting during times of separation.
- Acquire a new hobby or skill. Take a class or start a project you've always wanted to do. This can be a fun time to open yourself to new friendships.

War brings about difficult stressors for families of deployed military members but it is important to take the added steps to take care of yourself and your family. It's important to stay strong for your family and for yourself. Seek help from others who will understand including friends, family members and other families who have a member deployed.

FROM YOUR HEADQUARTERS & SERVICE COMPANY KEY VOLUNTEERS CONTINUED...

Hello everyone!

I am so happy to write to you from our brand new newsletter! This has been one of our goals in the Network, so to see it come to fruition is so exciting! Any of you who know me, know that I am never at a loss for words; so “Danielle’s corner” will probably always be jam-packed! This month I hope to keep it a bit brief – let’s see how it goes shall we?

For those who do not know me, I am the proud wife of Sgt. Mark Sabourin and equally proud mother of two beautiful daughters, ages 5 and 2. I am a serial scrap booker and have my own Creative Memories business. I am also the Controller for my family’s corporation. I have been a Marine wife for six years and a member of the Key Volunteer Network since 2003. I have had the great pleasure of getting to know a lot of you, and if I haven’t met you personally, I am sure I have met many of your Marines at one of our platoon cookouts, on one of my many trips to Camp Lejeune in 2003 or during family days etc. I have to say, our Marines are truly outstanding and they never cease to impress me. There will always be a special place in my heart for the amazing Americans that are involved with our unit; and that includes you, the family members!!

As we all know, deployment is ahead of us. I know it is a difficult time and some are wondering how will I get through this? I would like to tell you one thing – you will get through it and we are here to help you! The first deployment I dealt with as a Marine wife was in 2003, and I asked myself, between my tears, how am I going to do this by myself? The deployment call came in my hospital room while I was in labor with our second child. I also had a 2 year old. I was worried to say the least. Two weeks later we drove Mark to the airport and said goodbye. I drove home with my girls and thought, “how am I going to get through this?” I am so thankful that I went through that deployment for three reasons: I realized what great friends and family I have, I saw first hand how much our command cares for our families and the best thing I took away from that year, was I found out I was so much stronger than I ever gave myself credit for. I truly hope each and every one of you experience some of the same feelings. In the meantime, let’s start making lemonade!!

I look forward to getting to know you! I hope your Thanksgiving was happy, and I wish you the best for the New Year. I know what I am thankful for! Have a great month and to our Marines, Happy 230th Birthday! Remember, the best gift we could give our Marines this holiday season is our complete support!

Warmest regards,
Danielle Sabourin
Key Volunteer, H & S Company

*“Ask not what your country
can do for you,
ask what you can do for
your country”
~ President John F. Kennedy*

FROM YOUR
ALPHA COMPANY 2ND & 3RD KEY VOLUNTEERS

Hi Families of 1/25 A Co. 2nd!

It has been nice getting to know you. Thanks for providing Family Contact Information. Please let me know of changes and updates. I am here to act as a link between you and Command with any questions you may have. Kath.

THE FEW, THE PROUD

I Got Your Back

**I am a small and precious child,
my dad has been sent to fight.
The only place I will see his face
is in my dreams at night.**

**He will be gone too many days
for my young mind to keep track.**

I am proud.

My daddy has got your back.

I am a caring mother.

My son has gone to war.

**My mind is filled with worries
that I have never known before.**

**Everyday I try to keep
my thoughts from turning black.
I may be scared, but I am proud.**

My son has got your back.

**I am a strong and loving wife
with a husband soon to go.**

**There are times I am terrified
in a way most never know.**

**I bite my lip, and force a smile
as I watch my husband pack.**

My heart may break, but I am proud.

My husband's got your back.

**I am a soldier,
serving proudly, standing tall.**

**I fight for freedom, yours and mine
by answering this call.**

**I do my job while knowing
thanks it sometimes lacks.**

Say a prayer

It's me who's got your back.

EVENTS

*Contact me with news
about Weddings,
Babies, Anniversaries,
etc. The A. Co. 2nd
Family wants to
celebrate happy news!*

**Kathleen M. Covell
Key Volunteer
Alpha Company
2nd Platoon**

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1st Battalion 25th Marines
4th Marine Division
53 Quebec Street
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01432-4424
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or
kcovelebay@yahoo.com

Check Out :

Military Onesource

militaryonesource.com

User ID: military
Password: onesource
Tel. 800-342-9647

**A FAST, EASY APPLE RECIPE FOR THE
HOLIDAYS**

Easy Knobby Apple Squares for the Holidays

2 c sugar	1/2 c butter or margarine
3 eggs	3 c diced apples
2 tsp vanilla	1 tsp baking soda
1 tsp baking powder	2 c flour
1 tsp salt	1 tsp cinnamon
1 tsp nutmeg	1/2 c chopped walnuts

Mix thoroughly & place in greased 9 x 13" pan.
Bake at 350 for 45 min.
Serve hot with vanilla ice cream.



Dear Marine Family,

Over the past few weeks, I have had the pleasure of speaking with many of you on behalf of the Key Volunteer Network of the 1/25 Marines. I have been appointed the Key Volunteer for Alpha Company, 3rd Platoon.

The purpose of the Key Volunteer Network is to serve as a communication link between the unit and its families by relaying any unit news, including information on any upcoming unit family events and fundraisers. As your Key Volunteer, I can also assist you by offering resource information and referrals for military-related problems.

With this letter, I am including my contact information. Please feel free to contact me with any questions you may have. Families of Alpha Co. 3 reside all over the New England area, so, if you have access to e-mail, this would be a great way for us to communicate. I have also included my home phone number – feel free to call me there.

It is important that your contact information is up to date. I would appreciate it if those I did not reach by telephone would contact me with your contact (phone, address, e-mail) information to be sure it is accurate and up to date.

I look forward to speaking with you

Sheila Hovasapian 1600 Washington St. 303 Newton, MA 02465 shovasapian@thesecondstep.org (617) 630- 1832

Devil Dads on Duty...

When our Marines are home, they fix the leaky sink, toilet, washing machine, etc. They change the oil in the car, prepare the snow blower for the winter and put the lawn mower away.

I am sure we all remember as a child, we would give broken things to Dad because he could fix anything. So, let's do it. We could compile a list of willing Marine Dads with endless skills, talents and the means to get the job done. It's our turn to be called to duty.

And as for spouses...

Think of it as an in-house network of Marine Dad's willing to step up to the plate and get the job done. That small stuff that stays in the back of your mind with every letter you send to your Marine. I will get that sink fixed, door unstuck, gate re-hung, before my hero gets home. Let us be their hero and do what they cannot because they are 6,000 miles away.

The Devil Dogs have always taken care of their own, now let us take care of our own with Devil Dads. Let's see if we can get the ball rolling before 1/25 ships out.

Interested?

Contact Robert Pugsley

781-331-9622

or pugswey@comcast.net

Quick Reference to Family Readiness Brief Speakers

ESGR — *Joe Ryan*

Mental Health Network - *Sandy Johnson*

TriCare - *Mike Litten*

US Family Health Plan - *Chris Milot*

Red Cross - *Amy Jo Carson*

Army Community Services - *Mel Fisher*

Veterans Upward Bound - *MaryBeth O'Sullivan*

MILITARY KEEPSAKE BRACELETS

Keep your loved one in your thoughts and show your support with these beautiful bracelets!



Each ladies bracelet is handcrafted and made to order using sterling silver and 14K gold-filled beads, Swarovski crystals, and an optional Marines charm.

Ladies bracelets are available in sterling silver or two-tone. Little girl sizes start at \$45.00.

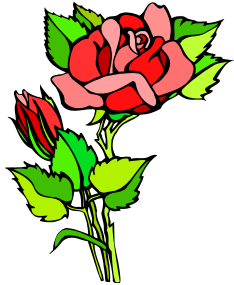
NEW! Italian link stretch bracelets! Perfect for men of all ages! Made from stainless steel and available in any combination of links that you choose! These bracelets start at \$30.00.

\$5 from the sale of every bracelet goes to support the 1st Battalion 25th Marines Key Volunteer Network.

For more information, please email:
karenprew@comcast.net

Key Volunteer Network

1st Battalion 25th Marines
4th Marine Division
53 Quebec Street
Devens RFTA
Ayer, Massachusetts 01432-4424



Mailing address

230 YEARS OF HONOR

It could easily have been the safest place on Earth, with not only the guest speaker a fifth degree black belt but a room full of the finest men and woman that make up the First Battalion Twenty-fifth Marines. All in attendance were dressed to the nines and the Marines in their blues made for a night fit for the red carpet. Joan and Melissa Rivers could have found themselves speechless.

I for one enjoyed everything from ceremony to closing sentiments. I found myself sitting back toward the end of the evening with a constant belly laugh as I watch the Marines let their proverbial "hair down" and strike a pose. There is just nothing better than seeing that young couple off to the side, engulfed in the magic that this night brings. They looked to one another as if to grant this one night to be without worry and appreciate the music, the moment and the privilege of being madly in love with a U.S. Marine. The laughter continued, as I watched the late night platoon exchange their hand shakes and pose side by side as they smiled for the camera. And I simply can't forget the rather outgoing Marines that found themselves in the middle of the dance floor, surrounded by their cheering fans as they demonstrated dances such as the "lawnmower", the "sprinkler" and a few others that were rather new to me. These men and woman put on a great birthday and most importantly came together like true Marines did 230 years ago. Chivalry was everywhere as the night wrapped up with several goodnight kisses, one engagement and a good time had by all. It is time that I spend with these Marines that reinforces why I love being a part of the Key Volunteer Network. These men and woman are second to none and I am honored to be in the same room. Semper Fidelis and to all a Happy Birthday!

Julie Delcourt

Wishing you a

Happy Holiday from Your Key Volunteers!